



"NC Certified

Senior Center of Excellence"

# Senior Connection

Activities for Mocksville & Farmington Sites

April, May, June 2017

OLDER  
AMERICANS  
MONTH



AGE OUT LOUD: MAY 2017

May is Older American's Month and the theme this year is "Age Out Loud".

Be sure to check out all of the special events we have going on in May to celebrate, including our "Bring A Friend" competition all month long.

Prizes will be given every Friday - May 5, 12, 19, 26 and Wednesday, May 31.

See all of the programs and details about the contest in this newsletter.

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## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

**Our Mocksville site is located in the Bobby H. Knight Senior Services Building at 278 Meroney Street.**

**Hours are Monday - Thursday, 8:00am - 8:00pm, Friday, 8:00am - 4:30pm, Saturday - 9:00am - 1:00pm.**

**Phone Number is 336-753-6230.**

### **TAX AIDE**

#### **Dates by appointment only:**

- **Friday, March 10 - 9:00am - 1:00pm**
- **Saturday, March 11 - 9:00am - 1:00pm**
- **Friday, March 17 - 9:00am - 1:00pm**
- **Saturday, March 18 - 9:00am - 1:00pm**
- **Friday, March 24 - 9:00am - 1:00pm**
- **Saturday, March 25 - 9:00am - 1:00pm**
- **Friday, March 31 - 9:00am - 1:00pm**
- **Saturday, April 1 - 9:00am - 1:00pm**
- **Friday, April 7 - 9:00am - 1:00pm**
- **Saturday, April 8 - 9:00am - 1:00pm**
- **Monday, April 10 - 9:00am - 1:00pm**

**Location: Media Room**

#### **NO TAX AIDE MARCH 4**

Tax returns are prepared and e-filed by trained and certified volunteer AARP tax counselors. There is no cost to the taxpayer. However, it is the taxpayer's responsibility to have all the appropriate documents and information for counselors to complete an accurate return in a timely manner. Please do the following prior to arriving at Senior Services:

- Bring the 2015 tax return along with the supporting documents.
- Open and place all 2016 documents together in a large envelope to be presented to the counselor who is preparing your return.
- Make sure you have all income documents from employment, pension, social security, interest, dividends, etc.
- Provide a broker's statement if stock was sold. If the stock purchase price is not on the broker statement, you must have written proof of the purchase price or the cost basis will be zero.
- Total all out-of-pocket cost (if itemizing) by categories for health and dental insurance,

doctors' visits, drugs, etc. Each person listed on the return is required to have health insurance, either through Medicare, employer, or purchased from the marketplace; otherwise a penalty shall be calculated on the return. Please bring any of the following tax documents pertaining to 2016 health insurance that you may have received: exemption letter, or a form 1095 A, B, or C.

- List all charitable donations and provide evidence (letters or receipts from organizations) of the dollar amounts.
- If your social security number has been compromised by identity theft, please bring the letter with the pin number issued by the IRS.

If you are interested in becoming a Tax Aide counselor, please contact Senior Services. The continued success of this program is dependent upon qualified volunteers who are willing to take the test to be certified.

### **ASK THE DOCTOR**

**Monday, April 3rd - 10:45 - 11:15am -**

**Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 19.



### **BLOOD PRESSURE SCREENINGS**

**Tuesday, April 4th - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 19.

### **WATER AEROBICS CLASS**

**Tuesdays & Thursdays, April 4th - May 11th - 2:30pm - 3:30pm - Davie Family YMCA**

See details on page 17.



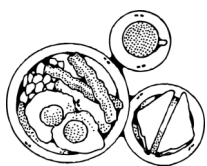
## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

### **SENIOR GAMES OPENING CEREMONIES & LUNCH**

**Thursday, April 6th - 12:30pm - MP Room B**  
**Cost - Free (with paid Senior Games registration)**

**Register no later than March 30**

Kick off an exciting month full of Senior Games and SilverArts activities. There will be a few short remarks and lunch. Open to all paid Senior Games & SilverArts participants. Call for more information on Senior Games & SilverArts or see page 10 for details.



### **SATURDAY MORNING BREAKFAST**

**Saturday, April 8th - 9:30am - Multipurpose Rooms A & B**  
**Register no later than March 31**

Adults 55 and older & their guests of any age are invited to a great breakfast. You may bring any number of guests, but anyone under 55 must be a guest of someone 55 or older.

### **UNRAVEL THE MYSTERY OF DEPRESSION**

**Monday, April 10th - 10:45am - Multipurpose Room A**

**Facilitator: Melissa Welch, MSW, LCSWA, Encompass Home Health**  
**Register no later than April 3**

Join us for this energetic and interactive seminar. You will learn what depression is, how it impacts a person's life and some helpful coping skills for yourself or a friend or family member. Open to adults of all ages - no children, please.

### **GOT PLANS? ADVANCE CARE PLANNING WORKSHOP**

**Tuesday, April 11th - 1:00pm - Classroom A**

**Register no later than April 4**  
See all the details on pg. 19.



### **EASTER PARTY**

**Tuesday, April 11th - 2:00 - Multipurpose Rooms A & B**  
**Register no later than April 4**

Join us for a celebration of the Easter season. There will be food, fun, and entertainment by the group, "Gaining Ground". Open to adults 55 & older and exceptions under the general participation policy.

### **SCRAPBOOKING**

**Tuesday, April 11th - 2:00pm - Classroom B**  
**Register no later than April 4**  
See all the details on pg. 12.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, April 11th - 6:30pm - Classroom B**  
**Register no later than April 4**  
See all the details on pg. 23.

### **SHARING & CARING**

**Thursday, April 13th - 1:00 - 3:00pm - Classroom B**  
See all the details on pg. 12.

### **MONTHLY MOVIE**

**Monday, April 17th - 1:00pm - Multipurpose Rooms A & B**  
**Register no later than April 10**  
**MPLC license No: 504019703**

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

### **SENIOR BOOK CLUB**

**Tuesday, April 18th - 1:30 - 3:00pm - Classroom A**  
**Register no later than April 11**  
See all the details on pg. 19.

## APRIL SPECIAL EVENTS - MOCKSVILLE SITE

### **MEET YOUR ECONOMIC DEVELOPMENT COMMISSION PRESIDENT**

**Wednesday, April 19th - 10:45am**

**Speaker: Terry Bralley**

**Register no later than April 12**

Do you have questions about what the future looks like for business and industry in Davie County? Do you wonder about the feasibility of certain entertainment venues for Davie County, such as movie theatres or bowling alleys? Mr. Bralley will answer your questions and give an update about economic development in our county. Open to adults of all ages - no children, please.

### **HOMEBOUND MEAL VOLUNTEER TRAINING**

**Thursday, April 20th - 3:00pm -**

**Classroom B**

**Trainer: Ina Beavers, Nutrition Program Coordinator**

**Register no later than April 18**

This training is for those who are interested in volunteering to deliver homebound meals. See page 25 for more details about this volunteer opportunity.



### **ADULT COLORING WITH DONNA**

**Friday, April 21st - 10:00am -**

**Multipurpose Room A**

See all the details on pg. 8.

### **VETERAN'S SOCIAL**

**Friday, April 21st - 10:30am - Multipurpose Room B**

**Speaker: Tamie Sauve**

**Register no later than April 13**

Senior Services and the Veteran's Service Office host this event for veterans. Any veteran is invited to come out for a time of socialization and refreshments. Ms. Sauve will discuss her book, "Reflections of War" based on the Iraqi war. ***This is intended to be a time of reminiscing and socialization for veterans, therefore it is limited to veterans only, no guests, unless a caregiver is needed in order for the veteran to attend.***

### **THEATRE CLUB**

**Tuesday, April 25th - 1:00pm -**

**Classroom B**

See all the details on pg. 20.

### **RACEWALKING WORKSHOP**

**Wednesday, April 26th - 1:00pm - Recreation**

**Dept. Gym**

**Register no later than April 19**

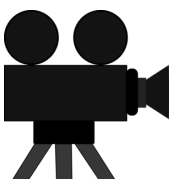
For those of you who have been wanting to learn racewalking, this seminar is for you. Betty Allgood and George Kimberly will lead this workshop teaching you the correct techniques for racewalking. This is a sport in Senior Games, as well as great exercise. Open to adults 55 & older and exceptions under the general participation policy.

### **SHARING & CARING**

**Thursday, April 27th - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 12.



### **DINNER & A MOVIE**

**Thursday, April 27th - 5:30pm -**

**Multipurpose Rooms A & B**

**Register no later than April 20**

**MPLC license No: 504019703**

Enjoy dinner and stay for a great movie. To learn the title, call Senior Services on or after April 18. This event is open to adults 55 & older & exceptions under the general participation policy, but will be limited to the first 100 who sign up. *In order to make our events more accessible, closed captioning will be used for all movies when available.*

## MAY SPECIAL EVENTS - MOCKSVILLE SITE

### OLDER AMERICANS MONTH



AGE OUT LOUD: MAY 2017

#### **OLDER AMERICAN'S MONTH BRING A FRIEND CONTEST**

May is Older American's Month and we are celebrating all month long. We invite you to bring a friend to Senior Services to expose them to the wonderful things that go on here. During the month just bring someone new to Senior Services and you and your friend will be entered into a weekly drawing. Here are the details:

- Bring someone 55 or older to a class, activity or event that they have never attended before.
- Notify the front desk person that you have brought a new friend.
- Receive an entry form for you & your friend for that week's drawing.
- Fill out the forms and turn in before you leave.
- The "friend" can be brand new to Senior Services or just to the particular event they attend with you (for example, maybe they come to lunch but have never been to exercise class. If you bring them with you to exercise class, they will be a "new" participant.)
- Please note that age and other participation guidelines are still in effect (Must be 60 or older to eat lunch, must be trained before they can use fitness room, etc.)
- See staff members with any questions.
- Enjoy Older American's Month!!

#### **WALK TO ALASKA CHALLENGE**

**Monday, May 1 - Friday, June 30**

See all the details on page 11.

#### **ASK THE DOCTOR**

**Monday, May 1st - 10:45 - 11:15am -  
Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 19.

#### **MAY DAY PARTY**

**Monday, May 1st - 2:00pm -**

**Multipurpose Rooms A & B**

**Register no later than April 24**



Celebrate the first day of May with your friends.

We will have lots of fun, great refreshments and a maypole activity. Kick off Older American's Month and celebrate spring at this great event. Open to adults 55 & older & exceptions under the general participation policy.

#### **BLOOD PRESSURE SCREENINGS**

**Tuesday, May 2nd - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 19.

#### **SILVERARTS TURN IN DAY**

**Friday, May 5th - 9:30 - 11:00am -**

**Davie County Public Library**

If you are participating in SilverArts, this is the time to turn in your work. Judges will be here later in the day to declare the winners and all the work will be displayed in the cases at the library until the closing ceremonies. See all the details about SilverArts on pg. 10.

#### **STROKE SEMINAR**

**Monday, May 8th - 10:45am - Multipurpose  
Room A**

**Speaker: Amy Jones, Novant Health**

**Register no later than May 1**

Stroke kills more than 130,000 Americans each year and is the leading cause of serious long term disability. Your risk of stroke increases with age, but can - and do - occur at any age. Learn the warning signs and some ways to decrease your risk at this seminar. Open to adults of all ages - no children, please.

## MAY SPECIAL EVENTS - MOCKSVILLE SITE

### **WOODEN SIGN CRAFT**

**Monday, May 8th - 1:00pm -**

**Multipurpose Room B**

**Instructor: Carol Allen**

**Cost: \$6.00**

**Register no later than May 1**

We will make one of the widely popular wooden signs, using a stenciling technique. An example will be displayed at Senior Services in advance of the class. Open to adults 55 and older and exceptions under the general participation policy.

### **GOT PLANS? ADVANCE CARE PLANNING WORKSHOP**

**Tuesday, May 9th - 1:00pm - MP Room B**

**Register no later than May 2**

See all the details on pg. 19.

### **SCRAPBOOKING**

**Tuesday, May 9th - 2:00pm - Classroom B**

**Register no later than May 2**

See all the details on pg. 12.



### **MEMORY CAFÉ**

**Tuesday, May 9th - 5:30pm -**

**Multipurpose Rooms A & B**

**Register no later than May 2**

A memory café is a social gathering for persons with Alzheimer's or other dementia and their caregivers. The café is free and offers dinner, as well as fun, fellowship, and therapeutic dance and movement activities. The café is beneficial not only for those with memory loss, but for the caregivers as well. Caregivers will benefit from the company and companionship of others in similar situations as themselves. Open to anyone with memory loss and their caregivers. A family member or friend that serves as a caregiver **MUST** accompany the guest. This includes spouses, children, friends or acquaintances. We respectfully request paid caregivers not attend in lieu of friends or family.

### **SHARING & CARING**

**Thursday, May 11th - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 12.

### **MOTHER/DAUGHTER SOCIAL**

**Friday, May 12th - 6:00pm -**

**Multipurpose Rooms A & B**

**Register no later than May 5**

This event is open to ladies age 55 & older and their daughters, granddaughters, nieces or friends regardless of age. Dinner will be provided. After dinner we will have a fashion show sponsored by Peeble's. Ladies 55 and older are welcomed without guests as well. Ladies only, please.



### **MONTHLY MOVIE**

**Monday, May 15th - 1:00pm - Multipurpose Rooms A & B**

**Register no later than May 8**

**MPLC license No: 504019703**

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

### **SENIOR BOOK CLUB**

**Tuesday, May 16th - 1:30 - 3:00pm -**

**Classroom A**

**Register no later than May 9**

See at the details on pg. 19.

### **HOMEBOUND MEAL VOLUNTEER**

#### **TRAINING**

**Thursday, May 18th - 3:00pm - Classroom B**

**Trainer: Ina Beavers, Nutrition Program**

**Coordinator**

**Register no later than May 16**

This training is for those who are interested in volunteering to deliver homebound meals. See page 25 for more details about this volunteer opportunity.

## MAY SPECIAL EVENTS - MOCKSVILLE SITE

### **ADULT COLORING WITH DONNA**

**Friday, May 19th - 10:00am - Multipurpose Room A**

**Leader: Donna Harris, Ms. Senior Davie County**

**Pre-registration not required**

See all the details on pg. 8.

### **BINGO**

**Friday, May 19th - 1:00pm - MP Room B**

**Sponsor: Home Instead Senior Care**

**Register no later than May 12**

Come out for some fun games of Bingo! Refreshments will be served. Open to adults 55 & older and exceptions under the general participation policy. *In order to make our events more accessible, Braille cards and display screen are available.*



### **SENIOR LUNCH**

**Tuesday, May 23rd - 11:30am -**

**Multipurpose Room B**

**Speaker: Sheriff JD Hartman**

**Register no later than May 16**

Sheriff Hartman will present to the group and take your questions and concerns. A delicious lunch will follow. Open to adults 55 & older and exceptions under the general participation policy.

**Space limited to the first 90 who RSVP.**

### **THEATRE CLUB**

**Tuesday, May 23rd - 1:00pm - Classroom B**

See all the details on pg. 20.

### **SHARING & CARING**

**Thursday, May 25th - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 12.

### **SILVERARTS FOLLIES, SENIOR GAMES**

**CLOSING CEREMONIES & AWARDS**

**DINNER**

**Thursday, May 25th - 6:00pm -**

**Multipurpose Rooms A & B**

**Free with paid Senior Games Entry**

**Register no later than May 18**

If you are a Senior Games/SilverArts participant don't miss the conclusion of the games. Our Performing Arts entrants will perform, all SilverArts entries will be displayed, dinner will be served and awards will be given. Event for paid Senior Games/SilverArts participants and paid guests only. See all the details about Senior Games and SilverArts on pg. 10.

### **SENIOR HEALTH & FITNESS DAY**

**Wednesday, May 31st - 10:00am - 11:00am -**

**Multipurpose Rooms A & B**

**Register no later than May 24**

We will celebrate the 24th annual National Senior Health & Fitness Day at this event. This year's theme is "With Movement...There's Improvement!" There will be plenty of chances for movement at this event which will feature fitness demonstrations and activities, senior games activities, information on healthy living and healthy snacks. Open to adults 55 & older and exceptions under the general participation policy.



## JUNE SPECIAL EVENTS - MOCKSVILLE SITE



### **GOLDEN ANNIVERSARY PARTY**

**Friday, June 2nd - 12:00pm -**

**Multipurpose Room B**

**Register no later than May 26**

All couples who have been married 50 years or more as of June 1 are invited to a luncheon in their honor. We'll have a great meal and play a fun game.

### **ASK THE DOCTOR**

**Monday, June 5th - 10:45 - 11:15am -**

**Multipurpose Room A**

**Speaker: Dr. George Kimberly**

See all the details on pg. 19.

### **BLOOD PRESSURE SCREENINGS**

**Tuesday, June 6th - 10:45am -**

**Multipurpose Room A**

See all the details on pg. 19.

### **SHARING & CARING**

**Thursday, June 8th - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 12.

### **HOT TOPICS IN ESTATE PLANNING**

**Tuesday, June 13th - 10:45am -**

**Multipurpose Room A**

**Speaker: Hank Van Hoy**

**Register no later than June 6**

Everyone, regardless of income, needs to do some type of estate planning. Mr. Van Hoy will be here to bring us important information and answer some questions on this topic. Open to adults of all ages - no children please.

### **GOT PLANS? ADVANCE CARE PLANNING WORKSHOP**

**Tuesday, June 13th - 1:00pm -**

**Multipurpose Room B**

**Register no later than June 6**

See all the details on pg. 19.

### **SCRAPBOOKING**

**Tuesday, June 13th - 2:00pm -**

**Classroom B**

**Register no later than June 6**

See all the details on pg. 12.

### **ALZHEIMER'S SUPPORT GROUP**

**Tuesday, June 13th - 6:30pm -**

**Classroom B**

**Register no later than June 6**

See all the details on pg. 23.

### **WEAR BLUE DAY**

**Friday, June 16th**

Wherever you may go today, wear blue in honor of Men's Health Month.



### **ADULT COLORING WITH DONNA**

**Friday, June 16th - 10:00am - Multipurpose Room A**

**Leader: Donna Harris, Ms. Senior Davie County**

**Pre-registration not required**

See all the details on pg. 8.

### **MONTHLY MOVIE**

**Monday, June 19th - 1:00pm -**

**Multipurpose Rooms A & B**

**Register no later than June 12**

**MPLC license No: 504019703**

On the third Monday of each month Senior Services will show a movie. Of course there will be popcorn! To learn the title call Senior Services on or after the Tuesday prior to the movie. We will choose an appropriate movie based on what is available. The movie is open to adults 55 and older & exceptions under the general participation policy. *In order to make our events more accessible, closed captioning will be used for movies when available.*

### **SENIOR BOOK CLUB**

**Tuesday, June 20th - 1:30 - 3:00pm -**

**Classroom A**

**Register no later than June 13**

See all the details on pg. 19.

### **SHARING & CARING**

**Thursday, June 22nd - 1:00 - 3:00pm -**

**Classroom B**

See all the details on pg. 12.



## JUNE SPECIAL EVENTS - MOCKSVILLE SITE

### **HOMEBOUND MEAL VOLUNTEER TRAINING**

**Thursday, June 22nd - 3:00pm -**

**Classroom B**

**Trainer: Ina Beavers, Nutrition Program Coordinator**

**Register no later than June 15**

This training is for those who are interested in volunteering to deliver homebound meals. See page 25 for more details about this volunteer opportunity.

### **LINE DANCE WORKSHOP**

**Friday, June 23rd - 1:00pm -**

**3:00pm - Multipurpose Rooms A & B**

**Register no later than June 16**

See all the details on pg. 16.



### **PICNIC IN THE PARK WITH THE GRANDKIDS (OR NOT!)**

**Tuesday, June 27th - 11:00am - 1:00pm -**

**Rich Park Shelter #5**

**Register no later than June 20**

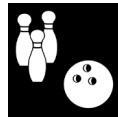
School is out for the summer so bring the grandkids or great-grandkids out for a fun event. We will have a picnic lunch and take advantage of activities at the park, such as the playground, bocce courts, horseshoes, etc. All children must be accompanied by an adult. Older adults without children are welcome to attend as well.

### **THEATRE CLUB**

**Tuesday, June 27th - 1:00pm -**

**Classroom B**

See all the details on pg. 20.



### **FATHER/SON BOWLING TRIP**

**Thursday, June 29th - 5:15pm**

**Cost: \$8.00 per person**

**Register no later than June 16**

We are celebrating our men with a Father/Son bowling trip. All senior men age 55 & older and their sons, grandsons, nephews or friends regardless of age are invited to this event. We will meet at Senior Services at 5:15pm then head to Creekside Lanes in Winston Salem. For \$8.00, participants will enjoy 2 hours of bowling, shoe rental, 1 slice of pizza and a small drink. Free transportation will be provided to the first 32 who register. Other participants can drive their own cars and follow us there. All participants need to pre-register, whether driving or not, in order for us to reserve the proper amount of lanes. Men 55 and older are welcome to come without guests as well. Men only please.



# SENIOR GAMES & SILVERARTS



Don't miss your chance to participate in Senior Games & SilverArts. Registration is \$10.00 and includes a t-shirt, 2 meals, and participation in most Senior Games and SilverArts events. Registration forms are available on our website or at Senior Services. Deadline to register is March 24. Below is the schedule of events.



## **Friday, March 24**

Senior Games Registration Final Deadline -  
4:30pm

## **Saturday, April 1**

Basketball Tournament: Brock Gym - 8am - 5pm

## **Monday, April 3**

Bowling Doubles: Creekside Lanes - 9:00am  
Table Tennis: Brock Gym - 2:00pm

## **Tuesday, April 4**

Racquetball: YMCA - 10:00am

## **Wednesday, April 5**

Pickleball Singles/Doubles: Brock Gym -  
11:00am

## **Thursday, April 6**

Opening Ceremony: Senior Services - 12:30pm

## **Monday, April 10**

Bowling Mixed Doubles: Creekside Lanes -  
9:00am

## **Tuesday, April 11**

Badminton: Brock Gym - 10:00am

## **Wednesday, April 12**

Pickleball Mixed Doubles: Brock Gym - 11:00am

## **Thursday, April 13**

10K Run: YMCA Track - 10:00am

## **Tuesday, April 18**

Basketball Shooting: Brock Gym - 9:00am  
Discus, Shot Put, Long Jumps: Davie High  
School - 1:00pm

## **Thursday, April 20**

Swimming: YMCA - 9:00am

## **Monday, April 24**

Bowling Singles: Creekside Lanes - 9:00am

## **Tuesday, April 25**

Cycling: YMCA Track - 10:00am

## **Wednesday, April 26**

Billiards: Court Square Billiards - 5:00pm

## **Thursday, April 27**

Tennis: South Davie Tennis Courts - 10:00am

## **Tuesday, May 2**

Bocce (Females): Rich Park - 10:00am  
Horseshoes (Males): Rich Park - 10:00am

## **Wednesday, May 3**

Bocce (Males): Rich Park - 10:00am  
Horseshoes (Females): Rich Park - 10:00am

## **Thursday, May 4**

800 Meter Run: YMCA Track - 9:00am  
5K Run: YMCA Track - 10:00am

## **Friday, May 5**

SilverArts Drop Off: Davie County Library -  
9:30 - 11:00am

## **Tuesday, May 9**

Cornhole: Brock Gym - 9:00am

## **Wednesday, May 10**

5K Race Walk: YMCA Track - 9:00am  
Football Throw, Softball Throw: YMCA Track -  
10:00am

## **Thursday, May 11**

Fun Walk: YMCA Track - 9:00am  
Spincasting: YMCA Track - 10:00am  
50, 100, 200, and 400 Meter Dashes: YMCA  
Track - 11:00am

## **Monday, May 15**

Archery: Camp Manna - 10:00am

## **Tuesday, May 16**

Croquet: Bermuda Village - 9:00am  
Shuffleboard: Bermuda Village - 9:00am

## **Thursday, May 18**

1500 M Race Walk: YMCA Track - 9:00am  
1500 Meter Run: YMCA Track - 10:00am

## **Tuesday, May 23**

Golf: Pudding Ridge Golf Course - 10:00am

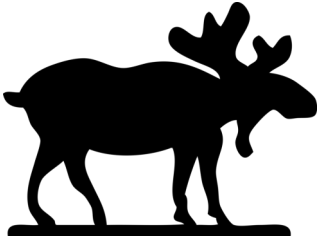
## **Thursday, May 25**

Senior Games Closing Ceremony and SilverArts  
Follies: Senior Services - 6:00pm

## SPECIAL ANNOUNCEMENTS



**Special Thanks to Wake Forest Baptist Health Davie Medical Center for being a friend of Senior Services for 2017!**



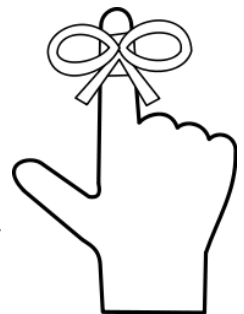
### **WALKING CHALLENGE - “WALK TO ALASKA”**



Everyone is doing a great job tracking their steps for the Healthy Davie Challenge. When the challenge ends at the end of April, we don't want to lose our momentum. So, we are pleased to announce a new walking challenge that will run May 1 - June 30 for Senior Services participants. We challenge our group to walk 9 million steps during that time. That is 4,500 miles, or roughly the distance from Mocksville, NC to Anchorage, Alaska. We will track our journey on a board in the lobby. Keep turning in your steps and fitness activities to Jessica so that you can help us reach our destination! If you've been entering your own steps for the Healthy Davie Challenge, start turning those in to Jessica at least once a week starting May 1.

### **SIGN UP FOR TEXT REMINDERS**

Don't forget you can now subscribe to our reminder service and we will give you a reminder for things such as when the deadline for registration is getting close for large events, when the sign up date for day trips or yoga is approaching, or when we are having a special dress day such as Wear Blue for Men Day.



**To subscribe, text Remind to 888777.**

*This will not affect our reminder calls regarding events for which you have registered. You do not need to subscribe to receive those reminder calls.*

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Arts & Crafts

### QUILTING

**Mondays - 10:00am - 12:00pm - Classrooms A & B**

Join this talented group who loves to quilt. Bring your supplies to work with and learn from other quilters. No instruction is provided. This is an intergenerational program.

### DAVIE COUNTY QUILT GUILD

**3rd Monday of each month - 6:30pm - (April 17, May 15, June 19) - Multipurpose Rooms A & B**

**President: Lita Wieter**

**Membership Dues: \$20.00 per year**

Monthly meetings may include show & tell, demonstrations, guest speakers, or work sessions. Senior Services is a co-sponsor of this group. For detailed information, please call the group leader (call for number).

### ART - STILL LIFE & LANDSCAPES

**Mondays - 9:00am - 12:00pm - MP Room B**

**Instructor: Annette Ratledge**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

**Furnish your supplies**

Classes will run each Monday, and students can start at any time. Annette will work one on one to get students started. **Beginners need to come to the first class before buying supplies.** Open to adults 55 & older.

### SCRAPBOOKING

**2nd Tuesday of each month - 2:00pm**

**Classroom B - (April 11, May 9, June 13)**

**Group Leader: Barbara Thornton**

Bring your supplies & your current projects & "scrap" with friends. Barbara & other participants can help with ideas and techniques if needed. Special programs and field trips are sometimes held. This group is open to all ages.

### WOODCARVING

**Wednesdays - 9:00 - 11:00am - Classrooms A & B**

**Facilitator - Tim Trudgeon**

Expert woodcarver Tim Trudgeon will be here each Wednesday. Anyone with an interest in carving is invited to get together with him at that time. You may come as often as you wish, but please call before attending your first session. Open to adults of any age.

### ADULT COLORING WITH DONNA - NEW!!

**3rd Friday of each month - 10:00am -**

**Multipurpose Room A - (April 21, May 19, June 16)**

**Leader: Donna Harris, Ms. Senior Davie County**

**Pre-registration not required**

Bring your supplies or use some of ours.

Coloring is a fun, relaxing hobby that's not just for kids anymore. Open to adults 55 and older and exceptions under the general participation policy.

### TATTING

**Fridays - 10:00am - Classroom B**

Join this group who loves to tat. Bring your supplies to work with and learn from other tatters. This includes shuttle tatting and needle tatting. No formal instruction is provided. Open to adults 55 and older and exceptions under the general participation policy.

### SHARING & CARING GROUP

**2nd & 4th Thursdays of each month -**

**1:00 - 3:00pm - Classroom B**

Do you have a passion for crafting? Bring your handwork / portable project and join this fun group for a time to share, fellowship and craft together, making projects to give to those in need.

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Computer Lab & Classes

Ten computers are available during normal operating hours when there is not a class in progress. Users must be 55 or older and sign a user form. Call ahead to make sure the lab is available or just drop in to take advantage of this room.

### UPCOMING COMPUTER CLASSES:

**Instructor:** Justin Edwards

**Cost:** No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)

**Register by:** No later than 1 week prior to 1st day of class (Note - some classes fill quickly, so you may want to register early)

**Class Size:** Limited to 10 students

### FILE MANAGEMENT BASICS

You'll learn how to save files in several formats (what if the person you are sending a document to only has WordPerfect and not Word), how to save to several devices, make folders and rename them, search for those files that are somewhere on your computer, how to copy or move files for back up or deletion, compress (zip) your files, and create a backup of important files. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills taught in Computers (PC): Intermediate.***

#### Upcoming Session:

- April 3, 4, 5, & 6 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

### COMPUTERS (PC): BEGINNERS

This class is for those of you who have never used a Windows-based computer before. You'll learn the basics such as how to turn it on & off, how to use the mouse & the keyboard, etc. ***This class is 4 days and has no prerequisites.***

#### Upcoming Session:

- April 3, 4, 5, & 6 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

### EMAIL BASICS

This class will discuss how to communicate electronically. Learn the proper way to send an email and to include attachments. You will learn how to send / receive emails, set up your address book, design an email signature, and manage spam. You will need your login name and password. We will be using Google Mail (Gmail) for this class. If you do not have a Google account please come 15 minutes prior to class so that we can set one up for you. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Computers (PC): Intermediate.***

#### Upcoming Session:

- April 10, 11, 12 & 13 (Mon, Tues. Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

### COMPUTERS (PC): INTERMEDIATE

This class is suitable for those who have very little knowledge of computers, but **do know** how to use the mouse/keyboard. We will discuss the parts of the computer and what to look for when purchasing a computer. Also we will spend time going over the Operating System (Windows), file management, and other basic functions of navigating the computer. ***This class is 4 days and is intended for those with mouse / keyboard skills such as skills learned in Computers (PC): Beginners.***

#### Upcoming Session:

- April 10, 11, 12 & 13 (Mon, Tues. Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

### CAMERAS, PRINTERS & OTHER DEVICES

This class will discuss how to install & review the basic use of the following devices: printers, scanners, digital cameras and digital camcorders. You'll learn what you need to know when purchasing the devices, discuss pros/cons & some features of each device, & how to find out more information about devices from the internet.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

***This class is 4 days and is intended for students who have a basic understanding of computers as well as skills learned in Computers (PC): Intermediate.***

Upcoming Session:

- April 17, 18, 19 & 20 (Mon., Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

## **MICROSOFT WORD: BEGINNERS**

This class covers introductory Microsoft Word skills. Topics introduced include the Ribbon interface, working with text, creating letters, templates, printing documents, creating bulleted and numbered lists. ***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- May 8, 9, 10 & 11 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

## **SOCIAL MEDIA: BEGINNERS**

If you are not sure what Social Networking is then this introduction class is for you. We will discuss what all the hype is about and how it can benefit you. This class will be discussing the different types of social networking. We will be signing up for Facebook in the second part of the class. It is a very hands-on class and will include communicating with individuals inside the class. ***This class is 4 days and is intended for students who have a basic understanding of computers such as those skills learned in Introduction to Computers (PC): Intermediate. Mouse and keyboard skills are required.***

Upcoming Session:

- May 8, 9, 10 & 11 - (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

## **MICROSOFT EXCEL: BEGINNERS**

This class covers introductory Microsoft Excel skills. Topics introduced include the Ribbon interface, entering and editing data, selecting cells and ranges, printing worksheets, creating simple functions, formatting cell contents, inserting and deleting columns, rows and cells.

***This class is 4 days and is intended for students who have a basic understanding of computers. Mouse and keyboard skills are required as well as skills learned in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- May 15, 16, 17 & 18 (Mon, Tues., Wed., Thurs.) - 4:00 - 5:30pm - Media Room

## **SKYPE AND WEB CAMERA**

Webcam is the camera on your computer. Understanding how to use the webcam is becoming very important as it is being used more and more for business and social purposes. You will need to know how to find your webcam software before class. You can search for "web cam" on your computer and it should show you the software you have installed on your computer. If you have a laptop, feel free to bring it to class and we can try to search BEFORE the class begins. One (1) webcam will be installed in the room for those who have a desktop. We will be using SKYPE so if you do not have an account you will need to set this up BEFORE class begins. ***This class is 4 days and is intended for students who have a basic understanding of computers such as material taught in Introduction to Computers (PC): Intermediate.***

Upcoming Session:

- May 15, 16, 17 & 18 (Mon, Tues., Wed., Thurs.) - 6:00 - 7:30pm - Media Room

## **WINDOWS 10**

This class is suitable for those who have little knowledge of Windows 10, but have used other versions of Windows in the past. We will discuss navigating the new system and various tips and tricks that will help you to gain confidence in this new operating system. We will cover the basic functions of the system as well as go over the new features that set it apart from the other previous versions. There are some neat new features such as snipping the screen, creating virtual desktops, using snap assistant, and even screen recording. ***This class is 4 days and is intended for those with mouse /***

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **keyboard skills as well as skills learned in Computers (PC): Beginners and Computer (PC): Intermediate.**

### Upcoming Session:

- May 22, 23, 24 & 25 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

## **iPAD: BEGINNERS**

Learn how to use your iPad tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days and has no prerequisites.***

### Upcoming Session:

- June 5, 6, 7 & 8 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

## **IPHONE: BEGINNERS**

Learn how to use your iOS-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go. Your smart phone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smart phone using the iOS-based operating system. This class is designed to make you smarter than your "smart phone" so that you can put it to work for you.

***This class is 4 days and has no prerequisites.***

### Upcoming Session:

- June 5, 6, 7 & 8 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

## **ANDROID TABLETS: BEGINNERS**

Learn how to use your Android-based tablet as an alternative to your computer. We will discuss setup, basic navigation, as well as using many of the same apps that can be found on your computer. These applications include email, calendar, notes, Skype, e-book readers, and other applications that will allow you to use

your tablet as an alternative to your home computer and even sync information from your tablet between other devices. ***This class is 4 days and has no prerequisites.***

### Upcoming Session:

- June 19, 20, 21 & 22 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

## **ANDROID PHONES: BEGINNERS**

Learn how to use your Android-based phone, from making phone calls and texting to adding apps and editing documents, all while on the go. Your smartphone can become a replacement for many of the tech devices you use both inside and outside your home. We will talk about how to setup and navigate your smartphone using the Android-based operating system. This class is designed to make you smarter than your "smart phone" so that you can put it to work for you. ***This class is 4 days and has no prerequisites.***

### Upcoming Session:

- June 19, 20, 21 & 22 (Mon., Tues., Wed., & Thurs.) - 6:00 - 7:30pm - Media Room

## **GOOGLE APPS: FROM MAPS TO VOICE**

This course is about other Google applications that are useful, including Google calendar, Hangouts, Maps, Photos, Sites, Voice and more. ***This class is 4 days and students will need to have a valid Google account and skills such as those learned in Computers (PC): Intermediate.***

### Upcoming Session:

- June 26, 27, 28 & 29 (Mon., Tues., Wed., & Thurs.) - 4:00 - 5:30pm - Media Room

**DON'T FORGET TO  
BRING YOUR MOBILE  
DEVICES AND ENJOY  
FREE WI-FI WHILE AT  
SENIOR SERVICES.**



# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **Dance**

### **LINE DANCING LEVEL 1**

**Tuesdays & Thursdays - 8:45 - 9:45am - Exercise Classroom**

**Instructor: Jean Warwick**

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

### **LINE DANCING LEVEL 2**

**Mondays, Wednesdays & Fridays - 9:45 - 10:45am - Exercise Classroom**

**Instructors: Cathy Smith & Kathy Mashburn**

For those who have the basics down, we will learn more complex dances. Individual instruction cannot be provided to learn dances that have already been taught. Please attend Line Dancing 1 for those basic dances. Open to adults 55 & older and exceptions under the general participation policy.

### **BEGINNER'S LINE DANCE (EVENING)**

**Thursdays - 6:00pm - 7:00pm - Exercise Classroom**

**Instructor: Vickie Spivey**

For those new to line dancing, join this group to learn some simple dances. This is appropriate for beginners and those who only know a few dances. Open to adults 55 & older & exceptions under the general participation policy.

### **LINE DANCE WORKSHOP**

**Friday, June 23 - 1:00 - 3:00pm - Multipurpose Rooms A & B**

**Instructor: Brenda Holcomb**

**Cost: \$5.00 (pay directly to instructor)**

**Register no later than June 16**

Once a quarter we will bring in a professional line dancing instructor to enhance the skills taught each week by our volunteer instructors. This class is open to anyone - beginner or experienced line dancer. You do not need to be a participant of a current line dancing class in order to attend. Open to adults 55 & older & exceptions under the general participation policy.



## ***Drop In Activities***

**Senior Services invites you to drop by anytime to take advantage of the following:**

- |                |              |
|----------------|--------------|
| * Board Games  | * Music      |
| * Books        | * Newspapers |
| * Cards        | * Puzzles    |
| * Checkers     | * Scales     |
| * Chess        | * Shredder   |
| * Computer Lab | * Videos     |
| * Fitness Room | * Wii        |
| * Magazines    |              |

Items are available as long as an activity is not occurring in the room in which they are located. For any questions concerning availability of drop in items, please call ahead.

## **Exercise**



### **BOWLING LEAGUE**

**Mondays - 8:30am - depart from Senior Services**

**Cost: \$6.25 per session (3 games)**

Our bowlers will be starting another session soon. Regular bowlers & substitutes are welcomed.

### **SILVERHEALTH**

**Mondays, Wednesdays & Fridays - 8:30 - 9:00am - Exercise Room**

**Instructor: Jessica Pollard, Health & Wellness Coordinator**

This class works with hand weights and resistance bands and focuses on toning - especially those important core muscles. Stay for the Morning Wake Up Program if you desire a more intense workout or leave at 9:00 if you prefer a shorter program. Open to adults 55 & older and exceptions under the general participation policy.



# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **MORNING WAKE UP PROGRAM**

**Mondays, Wednesdays & Fridays - 9:00 - 9:30am - Exercise Room**

**Instructor: Jessica Pollard, H&W Coord.**

This class is a continuation of the SilverHealth class. Come at 8:30 for stretching and toning and stay for this class for 30 minutes of cardio movement. This class builds upon SilverHealth & is designed to be done together with SilverHealth. Open to adults 55 & older and exceptions under the general participation policy.

## **YOGA FOR SENIORS**

**Mondays & Wednesdays - April 3 - June 28 - Exercise Room**

**Instructor: Kim Crawford**

### **4 CLASSES TO CHOOSE FROM:**

**11:00am - 12:00noon**

**1:00 - 2:00pm**

**2:00 - 3:00pm**

**3:00 - 4:00pm**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

**Limited to first 12 per session who register**

Yoga is a gentle form of exercise that helps improve flexibility and relieve stress. This class is designed specifically for seniors. Open to adults 55 & older. **Registration for all sessions begins March 15 at 8:00am. Please do not leave a message for yoga sign up as you will not be guaranteed a spot unless you speak with someone. You may only sign up for 1 yoga session per quarter.**

## **AFTER FIVE FITNESS**

**Mondays & Wednesdays - 6:00 - 7:00pm - Exercise Room**

**Instructor: June Hyland**

**Cost: No charge**

This class is targeted toward the active senior, and it will help if you are able to do exercises on a floor mat. However, a modified program of chair exercises is available if you are unable to participate in the regular program. There are three main areas of focus: core strength, flexibility, and aerobic fitness. Maintaining good balance is also addressed. Classes are lively with a mix of yoga, Pilates, hand weights and powerwalking. Exercise DVD's are sometimes

used as well. Open to adults 55 & older and exceptions under the general participation policy.

## **PICKLEBALL OPEN PLAY**

**Tuesdays & Thursdays - 9:30 - 11:00am - Recreation Department Gym**

**Cost: No charge**

We are pleased to partner with Davie County Recreation & Parks to provide Pickleball Open Play. Pickleball has been described as a combination of ping pong, tennis and badminton. It is a lot of fun to play. Drop in for a game to see what all the excitement is about. Open to adults of all ages - no children, please.

## **M.A.D.E. (MODERN AEROBIC DANCE EXERCISE)**

**Tuesdays & Thursdays - 11:00am - 12:00 noon - Exercise Room**

**Instructor: Lorri Carlton**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

This is a low impact, low intensity aerobics workout that uses simple patterns. Classes include basic strength exercises, abdominal strengthening and ends with a stretching session. Class is ideal for beginners or active older adults, but can be modified for all levels. Please call ahead before you come to your first class. Open to adults 55 & older and exceptions under the general participation policy.

## **WATER AEROBICS CLASS**

**April 4 - May 11 - 2:30pm - 3:30pm**

**Location: Davie Family YMCA**

**Cost: \$20 for a 6 week class**

**Minimum number required to have each class is 12. Maximum number is 20.**

We are excited to be able to offer Water Aerobics classes at the Davie Family YMCA. These classes meet every Tuesday & Thursday for 6 weeks and are led by a YMCA certified instructor. Senior Services will cover the remainder of the cost of this class. You will pay the YMCA directly for your portion of the cost. You must pre-register through Senior Services, not the YMCA. **Open to adults 55 and older only who are not YMCA members.**

## ONGOING ACTIVITIES - MOCKSVILLE SITE

### **ZUMBA - NEW!!**

**Starting April 4**

**Tuesdays - 2:00 - 3:00pm - Exercise Room**

**Instructor: Gladys Scott**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

Zumba involves dance and aerobic movements performed to energetic music. You are sure to burn calories and have lots of fun. Open to adults 55 & older & exceptions under the general participation policy.

### **DANCE PARTY AEROBICS**

**Tuesdays - 6:15 - 7:15pm**

**Instructor: Lorri Carlton**

**Cost: No charge (Sr. Services pays the instructor fee - donations to Senior Services are appreciated)**

This class is designed to get you up and moving! These moves are inspired by Latin dance steps and will help you have fun while increasing your heart rate and burning calories. Please call ahead before you come to your first class. Open to adults 55 & older & exceptions under the general participation policy.

### **NO CONTACT KARATE - NEW!!**

**Thursdays - 5:00 - 6:00pm - Exercise Room**

**Instructor: Michael Russell**

**Cost: No charge**

This class is no-contact karate and utilizes tai-chi style movement to promote balance, posture, flexibility and fitness with self-defense applications. No experience is required. Open to adults 55 & older & exceptions under the general participation policy.

### **FITNESS ROOM**

**Monday - Thursday - 8:00am - 8:00pm**

**Friday - 8:00am - 4:30pm**

**Saturday - 9:00am - 1:00pm**

**Cost: No charge (donations to Senior Services are appreciated)**

Our fitness room is stocked with great fitness machines that can be used by adults 55 and older at no charge. Equipment is available on a first come first serve basis. Training is required prior to the first time using equipment. **Please call for an appointment for training.**



## Games

### **Wii GAMES**

**Time: Drop In Whenever Room is Available - Multipurpose Room A**

In these video games you actually do the moves - swing the tennis racket, the baseball bat, the golf club, etc. If you need help, simply make an appointment with a staff member & they can give you a short orientation session. Wii is available on a drop in basis whenever the room is not being used. Call if you have a question regarding availability.

Available games include:

- |              |                     |
|--------------|---------------------|
| * Golf       | * Fishing           |
| * Tennis     | * Shooting Range    |
| * Boxing     | * Billiards         |
| * Baseball   | * Big Brain Academy |
| * Ping Pong  | * Many, many more   |
| * Mario Kart |                     |

### **SCRABBLE**

**Mondays - 1:00pm - Classroom B**

Strengthen your vocabulary & have fun with this classic game. Any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### **SKIPBO**

**Wednesdays - 1:00pm - Classroom A**

If you can count to 12, you can play this fun game. Beginners are welcome and any number can play. Open to adults 55 & older and exceptions under the general participation policy.

### **DUPLICATE BRIDGE**

**Wednesdays - 1:30 - 5:00pm - Multipurpose Room A**

Bring a partner and join this group for duplicate bridge. Open to adults 55 & older & exceptions under the general participation policy. Alternates may be under age 55.

# ONGOING ACTIVITIES - MOCKSVILLE SITE

## **TEXAS HOLD 'EM**

**Thursdays - 1:00pm - Classroom A**

This poker game is played for fun only - NO REAL BETTING ALLOWED. Any number can play & beginners are welcomed. Open to adults 55 & older & exceptions under the general participation policy.



## **Health & Wellness**

## **ASK THE DOCTOR**

**1st Monday of each month - 10:45 am - MP Room A (April 3, May 1, June 5)**

Dr. Kimberly is here the first Monday of each month to answer your questions. Although this is no substitute for a doctor's visit, it is a great opportunity to ask about those issues that have been on your mind. You'll also benefit from hearing other questions asked & answered as well. Open to adults 55 & older & exceptions under the general participation policy.

## **BLOOD PRESSURE SCREENINGS**

**1st Tuesday of each month - 10:45am - MP Room A - (April 4, May 2, June 6)**

A trained professional will take your blood pressure at no charge.

## **GOT PLANS? ADVANCE CARE PLANNING**

**2nd Tuesday of each month - 1:00 pm - Multipurpose Room B - (April 11, May 9, June 13)**

**Facilitator: Representative from Hospice & Palliative Care**

**Cost: No Charge - Picture ID required**

**Register no later than Tuesday before each seminar**

We plan for college, marriage, a baby and retirement, but we don't prepare for the end of life. Let's change that! It's simple.

Representatives will be on hand to take care of everything you need to complete your advance directives. Be sure your wishes are honored by taking a few minutes now to complete these important documents. For more information you can go to [www.gotplansnc.org](http://www.gotplansnc.org).



## ***Literary Arts***

## **SENIOR BOOK CLUB**

**3rd Tuesday of each month - 1:30 - 3:00pm - Classroom A**

**April 18 - "People of the Book" by Geraldine Brooks**

**May 16 - "A Star For Mrs. Blake" by April Smith**

**June 20 - "Gilead" by Marilynne Robinson**

**Leader: Genny Hinkle**

At each meeting you will discuss the book that was read the month before & receive the new book to read. Books are provided at no charge. You must turn in your book on or before the meeting date so we can continue to get the books at no charge. Co-sponsored by the Davie County Public Library. Open to adults 55 & older and exceptions under the general participation policy.

## **LIBRARY**

We accept donations of recently published books in good condition. These may be checked out at the front desk. Because of space constraints, please limit donations to hardcover, recent publications (within the past 5 years). We will donate any books we cannot use to another organization.



## **Lunch**

**Mondays - Wednesdays - 11:30am**

**Thursdays & Fridays - 11:00am - MP Room A**

**Staff Contact: Ina Beavers, Nutrition Program Coordinator**

**Cost: No charge, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.30. A program is offered each day at 10:45am before lunch. You must call by noon the day before you plan to eat to order a meal.

# ONGOING ACTIVITIES - MOCKSVILLE SITE



## Special Interest

### PIEDMONT POWER ASSOCIATION

**1st Mon. of each month - 7:00pm -  
MP Rooms A & B - (April 3, May 1, June 5)  
President: Arthur Bostick  
Annual Dues: \$20.00**

This group loves old tractors. If you do too, why not join them? Monthly meetings include dinner and a program. Senior Services is a co-sponsor of this group. For specific information please call the group leader (call for number).

### SENIOR SERVICES ADVISORY COUNCIL

**4th Tuesday of every other month - 3:00pm -  
Classrooms A & B (May 23)**

**Staff Contact: Kim Shuskey, Director**

This is a volunteer group appointed by Davie County Commissioners to help Senior Services plan, set goals and fundraise. If you are interested in serving, please contact Kim Shuskey. Meetings are open to the public.



## Stage, Screen & Music

### DAVIE COUNTY SINGING SENIORS

**Each Thursday - 10:00am - Multipurpose  
Room B (Jan. - June/Sept. - Dec.)**

**Chorus Director: Marie Craig**

**Annual Dues: \$10.00**

If you love to sing, why not join this fun group? The chorus practices each week and performs at churches, civic clubs, nursing homes & community events. Open to adults 55 & older.

### THEATRE CLUB

**4th Tues. each month - 1pm - Classroom B  
(April 25, May 23, June 27)**

**Staff Contact: Barbara Thornton, Senior  
Center Aide**

This group meets once a month to discuss various theatrical options in the area and to choose different plays and performances to attend as a group. Each person pays for their ticket. Open to adults 55 & older and exceptions under the general participation policy.



## Financial Support

### LEGACY GIFT PROGRAM

Davie County Senior Services is committed to bringing quality programs & services to older adults in our county, most at no charge. We are also committed to planning ahead to meet future needs. To do this, donations are needed and appreciated. Legacy gifts is our term for these charitable contributions that help in both the long and short term. Individuals and organizations can contribute in the following areas:

- **Outright Gifts** - donations of cash, property or certain securities
- **Bequests** - name Senior Services in your will as a beneficiary of cash, property, a percentage of the estate or the remainder of the estate
- **Insurance Policy Beneficiary** - Name Senior Services as beneficiary of death benefit
- **Retirement Plan / IRA** - Name Senior Services as beneficiary of death benefit
- **Endowment Fund** - Make any of the above gifts through the Davie Community Foundation to provide permanent financial support for programs & services

Please contact us for more information about donating to Senior Services. Legacy Gifts received will be recognized once a year in our Davie County Senior Services' Annual Report available each year by August 1.

**Donations are tax deductible.**



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# OTHER ONGOING PROGRAMS & SERVICES

## Services

**STAFF CONTACT FOR ALL SERVICES IS  
KELLY SLOAN, SERVICES COORDINATOR,  
UNLESS INDICATED OTHERWISE.**

### **BUDDY PROGRAM**

**Staff Contact:** Mitzi Hunter, Morning  
Receptionist

**Cost:** No charge

If you are new to Senior Services and are unsure of attending your first event alone, this program is for you. We match volunteers with participants who are new to Senior Services. They meet newcomers here at their first event, sit with them, introduce them to other people and help them “learn the ropes.” To request a buddy for a special event, please let us know when you sign up for the event.

### **CAREGIVING CLASSES & RESOURCE CENTER**

**Cost:** No charge

Our Services Coordinator can meet with you individually or as a group to provide training to help you become a better caregiver. Various topics are available. In addition, materials of interest to caregivers - videos, books, pamphlets - are available to check out at the Mocksville site of Senior Services. Open to any age.

### **CAREGIVER SUPPORT PROGRAM**

**Cost:** No charge, donations appreciated

This program can provide a trained worker to stay with your loved one while you get a break to run errands, go to a movie - whatever you need to do. We can also provide free nutritional supplements such as Boost or Ensure and incontinence supplies such as Depends. To qualify, you must be providing care to someone 60 or older in Davie County who needs assistance with certain activities of daily living and/or has Alzheimer's regardless of age. Call for appointment for an assessment. Home visits can be arranged.

### **DRAGON SPEECH RECOGNITION SOFTWARE**

**(Available at Mocksville Site)**

**Staff Contact:** Kim Shuskey, Director

Due to a generous donation by one of our participants, one computer in our lab is equipped with speech recognition software. If you have difficulty typing, come by and use this program. Please note that each person who uses it will need to go through the setup process in order to recognize their voice. Headsets for the program can be checked out at the front desk. Available whenever the computer lab is free. You may wish to call ahead. If you need assistance from a staff member to use, you must make an appointment.

### **DIVISION OF SERVICES FOR THE DEAF & HARD OF HEARING**

On the 3rd Tuesday of each month from 10:00 - 11:30, the Division of Services for the Deaf & Hard of Hearing are here for a closed meeting for pre-scheduled consumers applying for a hearing aid through the state equipment distribution program. For information on how to apply to this program, call 336-273-9692.

### **FIDGET APRONS**

**Cost:** No charge, donations  
appreciated

These aprons provide those with Alzheimer's or other forms of dementia something to keep their hands busy, which can help reduce agitation and wandering. They are made by volunteers and are provided to anyone who can use one.

### **HANDMADE PERSONAL ITEMS**

**Cost:** No charge, donations appreciated

Senior Services has bibs and walker aprons made by volunteers to give to those who need them. If you or someone you know can benefit from these items, please call our Services Coordinator.

## OTHER ONGOING PROGRAMS & SERVICES

### **HOMEBOUND MEALS**

**Cost: No charge, donations appreciated**

Homebound meals provide a nutritionally balanced meal to homebound seniors 5 days a week. To qualify, one must be 60 or older & unable to cook for him/herself. The person must also be homebound, meaning that it is very difficult for him/her to leave the home due to a physical or mental impairment. Call for an appointment for an assessment.

### **INFORMATION & ASSISTANCE**

Our Services Coordinator can answer questions and assist seniors, family members & caregivers of any age in obtaining a wide variety of services and information for seniors. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **JOB MATCH**

**Staff Contact: Barbara Thornton, Senior Center Aide**

If you are a senior interested in work, fill out a JobMatch application. When we receive a call from someone who needs that type of work, we will give them your information. Senior Services only provides potential employers with names - no references, recommendations or hiring decisions are made by us. Pay rate is between the employer & employee.

### **LEGAL AIDE**

**Cost: No charge, donations appreciated**

This program provides limited legal assistance to low income seniors aged 60 & older. For those who cannot afford it, we will pay attorney fees for such things as a will, power of attorney, health care power of attorney and a living will. You must make an appointment with us prior to seeing the attorney. We can not pay bills that you have already received. Call for an appointment.

### **NOTARY SERVICE**

**Staff Contact: Tracy Veach, Administrative Assistant**

**Cost: No charge**

**Time: By appointment only**

We will provide free notary services to those 55 and older. As written in the notary rules, the notary can refuse to notarize any document at her discretion. Car titles will not be notarized.

### **OPTIONS COUNSELING**

Our certified Options Counselor can help persons who are planning for a change in their lives and are seeking out their options for assistance. Persons who can benefit might include those planning to retire and wanting to discuss options to sustain health, wellness and independence, those who start having difficulty in completing day to day tasks, those who are relocating and exploring housing options, or those who are dealing with a recent diagnosis of Alzheimer's. All assistance is confidential. Call for an appointment for assistance. Home visits can be arranged.

### **REVERSE MORTGAGE COUNSELING**

**Time: By appointment only**

We can get you in touch with the certified Reverse Mortgage Counselors in our area. We also welcome you to meet with them at our building. Call for more information.

### **SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM**

**Time: By Appointment only**

The Senior Community Service Employment Program helps low income older adults find employment in non profit and government organizations, receiving necessary job training to help them find unsubsidized jobs in the future. This program is administered by the Winston Salem Urban League. Representatives from the Urban League will meet with prospective candidates at Senior Services by appointment. For more information about this program, call the Winston Salem Urban League directly at 336-725-5614.

## OTHER ONGOING PROGRAMS & SERVICES

### **SHIIP - (Seniors' Health Insurance Information Program)**

**Staff Contact:** Mitzi Hunter, SHIIP Coordinator

**Cost:** No charge

**Time:** Tues. & Thurs. afternoons by appointment (other times can be arranged if necessary)

Volunteers trained through the NC Dept. of Insurance can help answer questions about Medicare, Medicare supplements and Medicare's Prescription Drug Program. Available to any age person on Medicare.

### **SHREDDER**

**(Available at Mocksville Site)**

Don't throw documents containing personal information in the trash & risk having someone steal your identity. Instead bring your items here where we can shred them for you. Please remove all staples, paperclips, etc. & bring only loose paper, not bound items.

### **TELEPHONE REASSURANCE PROGRAM**

**Staff contact:** Tracy Veach, Administrative Assistant

**Cost:** No charge

This program provides a daily telephone call to anyone who lives alone, and is either 55 years of age or older, or is an adult with a physical disability. Each call is an opportunity to confirm safety as well as impart care and concern.



### **VIAL OF LIFE**

This program allows you to record your medical history and medications on a form which is placed in a bottle in your refrigerator. A sticker on your door alerts EMS that this information is there in case they respond to your home in an emergency. Co-sponsored with Davie Co. Healthy Carolinians. Available to all ages.

### **VIDEO EYE**

**(Available at Mocksville Site)**

The Video Eye is a low vision reading machine that uses a camera to magnify text and objects onto a computer monitor for easier viewing. This machine can help with reading, writing and hobbies like needlework and crossword puzzles. It is available anytime there is a free room.



## Support Groups

### **ALZHEIMER'S SUPPORT GROUP**

**2nd Tuesday of each month - 6:30pm -**

**Classroom B - (April 11, May 9 - no regular mtg, come to Memory Café instead, June 13)**

**Facilitator:** Kelly Sloan, Services Coord.

**Register no later than the Friday before the meeting**

This group is open to adults of any age. It is intended for those caring for a loved one with Alzheimer's or other dementia but is open to any caregiver that can benefit. Meetings may consist of sharing time and/or guest speakers. Please call no later than the Friday before the meeting to let us know you will be coming. Meetings will be canceled if not enough interest is shown.

## Trips - Day



**There is a \$5.00 charge for transportation for each trip, due upon sign up. \$5.00 fee is non-refundable if you cancel.**

All participants buy their own lunch. If trip is canceled due to weather or other unforeseen circumstance, money will be refunded. Space is limited. See staff for complete trip rules.

### **APRIL 4 – LUROSA ATKINS MANOR, MOUNT AIRY, NC**

**Tuesday, April 4 - Departure time 8:45am,**

**Return approximately 3:30pm**

**Cost: \$5.00 for transportation**

**\$6.00 for tour**

**Money for lunch**

The Manor is a vintage home with collections owned by Ed and April Atkins. They will give the tour with many stories. Ask April about the "Ape Story". You will see dolls, china, furniture and lots of history. Ed is a master stained glass craftsman and his craft is placed throughout the house. A "must" trip to enjoy! We will have lunch in downtown Mount Airy at a restaurant of your choice. Snappy Lunch is the most popular! Sign up starts Feb. 15.

## OTHER ONGOING PROGRAMS & SERVICES

### MAY 2 - ROWAN COUNTY AIRPORT, SALISBURY, NC

**Tuesday, May 2 - Departure time 8:30am,  
Return approximately 2:30pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will have a tour of the airport hangers and whatever planes are there on that day. We will also learn the history of the airport. We will have a later lunch after the tour. Wear comfortable shoes for walking around from building to building. Sign up starts February 15.

### JUNE 20 - SALEM LAVENDER FARM, LEWISVILLE, NC

**Tuesday, June 20 - (NOTE CHANGE OF  
DATE) - Departure time 9:15am, Return  
approximately 2:30pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

We will tour the lavender farm owned and operated by Gray and Wendy King in Lewisville. We will learn about the history of the farm and the ways to use lavender. Wear sturdy shoes- this is a farm and the fields could be uneven. We will have lunch at Pete's in Clemmons after we leave the farm. Sign up starts March 14.

### JULY 12 - LINNEY WATER MILL AND SHILOH AMISH STORE, UNION GROVE, NC

**Wednesday, July 12 - (NOTE CHANGE OF  
DATE) - Departure time 9:00am, Return  
approximately 2:30pm**

**Cost: \$5.00 for transportation**

**Money for lunch**

**Money for shopping if desired**

We will visit the mill, which is one of the few fully operational and producing mills in existence in NC. We will also go to Shiloh Amish General Store. Lunch will be in the Union Grove Area before returning home. Sign up starts April 13.



## Trips - Extended

### PIGEON FORGE, TN

**Tuesday - Thursday, May 9 - 11**

**Prices - Per Person:**

**\$510.00 - single      \$394.00 - double**

**\$356.00 - triple      \$336.00 - quad**

**Trip Leader - Barbara Thornton**

We will enjoy Pigeon Forge in the springtime.

Price includes the following:

Tuesday, May 9:

- Visit Smokey Mountain Knife Works, one of the oldest and largest knife retailers
- Dinner at Old Mill House Pottery Café
- Comedy Barn Variety Show, which has been labeled Pigeon Forge's Funniest Show as well as American's Funniest Family Variety Show.

Wednesday, May 10:

- Breakfast at Hotel
- Visit Bush's Visitors Center - learn history of the Bush's Baked Beans company, all housed in the original A.J. Bush & Company General Store
- Shop at Tanger Outlets
- Dinner at Applewood Farmhouse Restaurant
- Smoky Mountain Opry - featuring music, dancing, a comedian, and more

Thursday, May 11:

- Breakfast at hotel
- Magic Beyond Belief - critically acclaimed production featuring Darren Romeo with his white tigers, large-scale original illusions, vocal performances, celebrity impersonations and comedy
- Visit Country Candy Kitchen.

**Price also includes hotel accommodations at Comfort Inn and travel on motor coach.**

**Reservations can be made with your \$50.00 deposit. Deadline for registration is**

**April 3. Final trip payment is due at that time as well. We are unable to give refunds after payment is made to tour company. See staff member for complete rules regarding trips.**



## OTHER ONGOING PROGRAMS & SERVICES



### Volunteer Opportunities

All Senior Services volunteers receive training and orientation before beginning any assignment.

Generally volunteers should be 18 years of age or older. Younger volunteers should be accompanied by a parent or guardian.

#### **BUDDY PROGRAM**

**Contact: Mitzi Hunter, Morning Receptionist**

This program matches volunteers with participants who are new to Senior Services. They will meet newcomers here at their first event, sit with them, introduce them to other people and help them "learn the ropes."

#### **CLASS INSTRUCTORS**

**Contact: Kim Shuskey, Director**

In an effort to bring new offerings to the seniors of our county, we are always looking for various types of instructors. Volunteers help our dollars go farther, but instructors may be able to be compensated if funding permits.

#### **FRONT DESK VOLUNTEERS**

**Contact: Tracy Veach, Administrative Asst.**

Volunteers are used for afternoons at the front desk. Volunteers greet visitors as they come in, ensure guests are signed in and directed to the appropriate room, register seniors for upcoming events, and may perform some office work.

#### **HOMEBOUND MEAL DRIVERS**

**Contact: Ina Beavers, Nutrition Prog. Coord.**

Drivers deliver meals to homebound seniors. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid. Background screening required. Training for new volunteer drivers is provided on the 3rd Thursday of each month at 3:00pm. Other appointments can be arranged if necessary.

**June training date will be held the 4th Thursday due to scheduling conflicts.**

#### **LUNCH VOLUNTEERS**

**Contact: Ina Beavers, Nutrition Program Coordinator**

Volunteers are needed to help serve lunch, wash dishes and clean up afterwards.

#### **OFFICE HELP**

**Contact: Tracy Veach, Administrative Assistant**

Occasionally Senior Services needs help with various office tasks such as mass mailings, etc. Call to be placed on a list to help.

#### **SHIIP (Seniors' Health Insurance Information Program)**

**Contact: Mitzi Hunter, SHIIP Coordinator**

Volunteers are required to complete initial online training & attend quarterly trainings after that. Volunteers must perform at least 40 hours of service each year.

#### **SPECIAL EVENT ASSISTANCE**

**Contact: Sharon Allard, Events Coordinator**

From time to time Senior Services needs assistance in putting on events. From food preparation to decorating - there are many ways to help. Photographers & Videographers are also always needed at events.

#### **TAX AIDE VOLUNTEERS**

**Contact: Kim Shuskey, Director**

Tax-Aide counselors complete 30 hours of training. Interested individuals should have some knowledge of the IRS tax code (gained by preparing your own returns previously or prior employment with a tax service), computer skills, and enjoy working with people.

#### **TELEPHONE REASSURANCE PROGRAM**

**Contact: Tracy Veach, Administrative Assistant**

Volunteers call those who live alone to provide a friendly voice and a daily welfare check. Monday - Friday phone calls are required.



# CLASSES & ACTIVITIES - FARMINGTON SITE

Our Farmington site is located in the  
Farmington Community Center,  
1723 Farmington Rd. Hours are  
Monday - Friday 10:00am - 1:00pm.  
Phone number is 998-3730.



## Ongoing Activities

### TRANSPORTATION TO FARMINGTON SITE

#### **Mondays, Wednesdays & Fridays**

YVEDDI's transportation program will bring those persons 60 and older who live within an approximate 5 mile radius to the Farmington site on these days. To sign up, call YVEDDI at 751-2187.

### EXERCISE & WALKING

#### **Wednesdays - 10:30am**

Get your exercise each Wednesday with your friends.

### BLOOD PRESSURE SCREENINGS

#### **Every 3rd Wednesday - 10:30am (April 19, May 17, June 21)**

A trained professional will take your blood pressure at no charge.

### LUNCH

#### **Monday - Friday - 11:30am**

**Staff Contact: Darlene Sheets, Nutrition Site Manager**

#### **Cost: No charge, donations appreciated**

Each weekday Senior Services serves a nutritionally balanced lunch to seniors. Those 60 and older who wish to fill out paperwork can eat at no charge. Those who are under 60 or do not wish to fill out paperwork pay \$3.30. A program is offered each day at 10:30am before lunch. You must call by noon the day before you plan to eat to order a meal.

## *Special Events*

### WOODCARVING DEMONSTRATION

#### **Monday, April 3rd - 10:30am**

**Demonstrator: Tim Trudgeon**

**Register no later than March 27**

Mr. Trudgeon is an expert woodcarver and will be demonstrating his craft to the group. Open to adults 55 & older and exceptions under the general participation policy.

### EASTER CELEBRATION

#### **Wednesday, April 12th - 10:30am**

**Register no later than April 5**

Join your friends for a celebration of the Easter Holiday and Spring season. Open to adults 55 & older and exceptions under the general participation policy.

### EARTH DAY SEMINAR

#### **Friday, April 21 - 10:30am**

**Speaker: Hannah Elmore,  
NC Cooperative Extension**

**Register no later than April 13**

Tomorrow is Earth Day and this year's theme is Environmental and Climate Literacy. To celebrate Ms. Elmore will discuss ways to keep our earth green at this informational seminar. Open to adults of all ages - no children, please.



### DEPRESSION SEMINAR

#### **Friday, April 28th - 10:30am**

**Speaker: Allison Brown, Mountain Valley Hospice & Palliative Care Center**

**Register no later than April 21**

Depression can affect anyone, at any age and any time of the year. Learn more at this informative seminar. Open to adults of all ages - no children, please.

# CLASSES & ACTIVITIES - FARMINGTON SITE

## CINCO DE MAY CELEBRATION

**Friday, May 5th - 10:30am**

**Register no later than April 28**

Celebrate the 5th of May at this fun filled event. Open to adults 55 & older and exceptions under the general participation policy.

## FACTS ABOUT OUTER SPACE

**Monday, May 8th - 10:30am**

**Register no later than May 1**

Outer space has been the subject of many science fiction movies, but what do you really know about it? Learn some interesting facts at this seminar. Open to adults of all ages - no children, please.



## SLEEP WELL

**Friday, May 19th - 10:30am**

**Speaker: Jessica Pollard, Health & Wellness Coordinator**

**Register no later than May 12**

Sleep is an important part of our daily health. Learn about the importance of sleep and some tips that might help you catch up on some needed sleep. Open to adults of all ages - no children, please.

## PANTRY BINGO

**Monday, May 22nd - 10:30am**

**Sponsor: Farmington Community Center**

**Register no later than May 15**

Win items you can actually use at this event. Open to adults 55 & older and exceptions under the general participation policy.

## CELEBRATE FITNESS DAY

**Wednesday, May 31st - 10:30am**

**Register no later than May 24**

Learn about some of the newest ways to get fit and maybe be enticed to add one to your fitness routine. Open to adults of all ages - no children, please.

## NATIONAL DONUT DAY

**Monday, June 5th - 10:30am**

**Register no later than May 30**

Celebrate this tasty treat, learn facts about donuts and, of course, try a few. Open to adults 55 & older and exceptions under the general participation policy.



## MEN'S HEALTH FACTS

**Monday, June 12th - 10:30am**

**Register no later than June 5**

Let's help keep the men in our lives healthy. Learn some helpful facts about men's health at this seminar. Open to adults of all ages - no children, please.

## ELDER ABUSE & PREVENTION

**Friday, June 23rd - 10:30am**

**Speaker: Allison Brown, Mountain Valley Hospice & Palliative Care Center**

**Register no later than June 16**

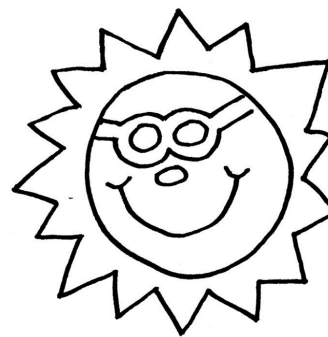
Elder abuse is not something anyone likes to think about, but unfortunately it is a reality. Ms. Brown will speak to the group about ways we can recognize abuse and help prevent it. Open to adults of all ages - no children, please.

## SUMMER CELEBRATION

**Wednesday, June 28th - 10:30am**

**Register no later than June 21**

Summer is here & it is time to celebrate. Open to adults 55 & older and exceptions under the general participation policy.



**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING  
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

*Calendar of Events -  
FARMINGTON SITE*

**APRIL**

- April 3 - Woodcarving Demonstration - 10:30am
- April 12 - Easter Celebration - 10:30am
- April 14 - CLOSED FOR GOOD FRIDAY
- April 19 - Blood Pressure Screens - 10:30am
- April 21 - Earth Day Seminar - 10:30am
- April 28 - Depression Seminar - 10:30am

**MAY**

- May 5 - Cinco de Mayo Celebration - 10:30am
- May 8 - Facts About Outer Space - 10:30am
- May 17 - Blood Pressure Screens - 10:30am
- May 19 - Sleep Well - 10:30am
- May 22 - Pantry Bingo - 10:30am
- May 29 - CLOSED FOR MEMORIAL DAY
- May 31 - Celebrate Fitness Day - 10:30am

**JUNE**

- June 5 - National Donut Day - 10:30am
- June 12 - Men's Health Facts - 10:30am
- June 21 - Blood Pressure Screens - 10:30am
- June 23 - Elder Abuse and Prevention - 10:30am
- June 28 - Summer Celebration - 10:30am

*Calendar of Events -  
MOCKSVILLE SITE*

**APRIL**



- April 3 - Ask the Doctor - 10:45am
- April 3 - New Yoga session starts - 11:00am
- April 3 - New Yoga session starts - 1:00pm
- April 3 - New Yoga session starts - 2:00pm
- April 3 - New Yoga session starts - 3:00pm
- April 3 - File Management Basics class starts - 4:00pm
- April 3 - Computers (PC): Beginners class starts - 6:00pm
- April 3 - Piedmont Power Association - 7:00pm
- April 4 - Day Trip - LuRosa Atkins Manor - Depart at 8:45am
- April 4 - Blood Pressure Screening - 10:45am
- April 4 - Zumba starts - 2:00pm
- April 4 - Water Aerobics starts - 2:30pm - YMCA
- April 6 - Senior Games Opening Ceremonies and Lunch - 12:30pm
- April 8 - Saturday Morning Breakfast - 9:30am
- April 10 - Unravel the Mystery of Depression - 10:45am
- April 10 - Email Basic class starts - 4:00pm
- April 10 - Computers (PC): Intermediate class starts - 6:00pm
- April 11 - Got Plans? Advance Care Planning Workshop - 1:00pm
- April 11 - Easter Party - 2:00pm
- April 11 - Scrapbooking - 2:00pm
- April 11 - Alzheimer's Support Group - 6:30pm
- April 13 - Sharing & Caring - 1:00pm
- April 14 & 15 - CLOSED FOR EASTER
- April 17 - Monthly Movie - 1:00pm

# Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING  
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**

- April 17 - Cameras, Printers, & Other Devices class starts - 4:00pm
- April 17 - Quilt Guild - 6:30pm
- April 18 - Senior Book Club - 1:30pm
- April 19 - Meet Your Economic Development Commission President - 10:45am
- April 20 - Homebound Meal Volunteer Training - 3:00pm
- April 21 - Adult Coloring With Donna - 10:00am
- April 21 - Veteran's Social - 10:30am
- April 25 - Theatre Club - 1:00pm
- April 26 - Racewalking Workshop - 1:00pm
- April 27 - Sharing & Caring - 1:00pm
- April 27 - Dinner & a Movie - 5:30pm

# MAY



- May 1 - Older American's Month Bring a Friend Contest starts
- May 1 - Walk to Alaska Challenge starts
- May 1 - Ask the Doctor - 10:45am
- May 1 - May Day Party - 2:00pm
- May 1 - Piedmont Power Assoc. - 7:00pm
- May 2 - Blood Pressure Screenings - 10:45am
- May 2 - Day Trip - Rowan County Airport - Depart at 8:30am
- May 5 - SilverArts Turn In Day - 9:30 - 11:00am
- May 8 - Stroke Seminar - 10:45am
- May 8 - Wooden Sign Craft - 1:00pm
- May 8 - Microsoft Word: Beginners class starts - 4:00pm
- May 8 - Social Media: Beginners class starts - 6:00pm
- May 9 - 11 - Pigeon Forge, TN Trip

- May 9 - Got Plans? Advance Care Planning Workshop - 1:00pm
- May 9 - Scrapbooking - 2:00pm
- May 9 - Memory Café - 5:30pm
- May 11 - Sharing & Caring - 1:00pm
- May 12 - Mother/Daughter Social - 6:00pm
- May 15 - Monthly Movie - 1:00pm
- May 15 - Microsoft Excel: Beginners class starts - 4:00pm
- May 15 - Skype and Webcam class starts - 6:00pm
- May 15 - Quilt Guild - 6:30pm
- May 16 - Senior Book Club - 1:30pm
- May 18 - Homebound Meal Volunteer Training - 3:00pm
- May 19 - Adult Coloring with Donna - 10:00am
- May 19 - Bingo - 1:00pm
- May 22 - Windows 10 class starts - 4:00pm
- May 23 - Senior Lunch - 11:30am
- May 23 - Theatre Club - 1:00pm
- May 23 - Advisory Council Meeting - 3:00pm
- May 25 - Sharing & Caring - 1:00pm
- May 25 - SilverArts Follies/Senior Games Closing Ceremonies/Awards Dinner - 6:00pm
- May 27 - 29 - CLOSED FOR MEMORIAL DAY WEEKEND
- May 31 - Senior Health & Fitness Day - 10:00am

# Calendar of Events - Mocksville Site

**SEE ALL THE DETAILS ABOUT THESE EVENTS, INCLUDING  
REGISTRATION DEADLINES, ON THE INSIDE OF THIS NEWSLETTER!**



## JUNE

- June 2 - Golden Anniversary Party - 12:00pm
- June 5 - Ask the Doctor - 10:45am
- June 5 - iPad: Beginners class starts - 4:00pm
- June 5 - iPhone: Beginners class starts - 6:00pm
- June 5 - Piedmont Power Association - 7:00pm
- June 6 - Blood Pressure Screening - 10:45am
- June 8 - Sharing & Caring - 1:00pm
- June 13 - Hot Topics in Estate Planning - 10:45am
- June 13 - Got Plans? Advance Care Planning Workshop - 1:00pm
- June 13 - Scrapbooking - 2:00pm
- June 13 - Alzheimer's Support Group - 6:30pm
- June 16 - Wear Blue Day
- June 16 - Adult Coloring with Donna - 10:00am
- June 19 - Monthly Movie - 1:00pm
- June 19 - Android Tablets: Beginners class starts - 4:00pm
- June 19 - Android Phones: Beginners class starts - 6:00pm
- June 19 - Quilt Guild - 6:30pm
- June 20 - Day Trip - Salem Lavender Farm - Depart at 9:15am
- June 20 - Senior Book Club - 1:30pm
- June 22 - Sharing & Caring - 1:00pm
- June 22 - Homebound Meal Volunteer Training - 3:00pm

- June 23 - Line Dancing Workshop - 1:00pm
- June 26 - Google Apps: From Maps to Voice class starts - 4:00pm
- June 27 - Picnic in the Park With the Grandkids (Or Not!) - 11:00am - Rich Park
- June 27 - Theatre Club - 1:00pm
- June 29 - Father/Son Bowling Trip - 5:15pm



Senior Services will be closed on the following dates:

- Friday, April 14 - Sunday, April 16 - Easter
- Saturday, May 27 - Monday, May 29 - Memorial Day Weekend

## CALL FOR VOLUNTEERS



### WILL YOU ANSWER THE CALL? VOLUNTEERS NEEDED



#### SHIIP

SHIIP, the Seniors' Health Insurance Information Program, is a division of the N.C. Department of Insurance that offers free, unbiased Medicare counseling. SHIIP trains volunteers so they can help beneficiaries in our community navigate the Medicare system. As a volunteer, you will receive training and materials that will prepare you to answer Medicare questions from your friends, family and members of your community. A caring attitude, strong communication skills and basic computer skills are necessary for SHIIP volunteers. Background screenings are required.

If you are interested in learning more about volunteering for SHIIP,  
please call:

**Mitzi Hunter, SHIIP Coordinator**  
**Davie County Senior Services**  
**336-753-6230**

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#### HOMEBOUND MEAL DRIVERS

Senior Services' homebound meal drivers deliver a hot meal to homebound seniors every weekday. It takes approximately 2 hours to complete a route and volunteers may deliver as often as they wish. Mileage reimbursement can be paid. Volunteers must provide their own transportation and a background screening is required. Training for new volunteer drivers is provided on the 3rd Thursday of each month at 3:00pm. Other appointments can be arranged if necessary.

If you are interested in learning more about volunteering for homebound meals, please call:

**Ina Beavers, Nutrition Program Coordinator**  
**Davie County Senior Services**  
**336-753-6230**



278 Meroney Street  
Mocksville, NC 27028  
336-753-6230  
[www.daviecountync.gov](http://www.daviecountync.gov)

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*It is the mission of Davie County Senior Services  
to provide seniors with accessible services and opportunities for  
fellowship, fun and learning, through activities and programs that enrich lives.*



# Don't Forget!

Anytime you come to Senior Services please remember to scan your membership card. This helps us to keep track of how many people use our building.

We use this information to obtain grants and request additional money when necessary. It also lets us know who to call if an ongoing class is canceled for some reason.

If you do not have a membership card, see a staff person today to get one. Membership is free and the information is important to help us maintain a safe environment for our participants.

Call Senior Services at 336-753-6230 for more information or to register for any events or programs in the newsletter.